



Brightside Bahamas
be kind to your mind

Services

Psychotherapy

Anxiety • Couples Therapy • Depression
Family Therapy • Grief Therapy
Individual Therapy • Support Groups

Coaching

Emotional Regulation • Mindset • Motivation
Self-Care • Lifestyle Adjustments • Wellness

Mental Health Education

Mindfulness • Social Emotional Learning

Speaking Engagements

Communication • Corporate Wellness
Mental Health • Relationships



Christina Johnson, MA

Individual, Couple, and Family Therapist
Certified Life Coach
Mental Health Educator

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Office located at St. Paul the Apostle Church, Lyford Cay
Virtual and concierge appointments also available